

SELF-CARE

SPARE THE AIR

Ground-level Ozone can be a Problem in South Carolina

Ground-level ozone is a pollutant found in the air we breathe. It forms when two chemicals, nitrogen dioxide and volatile organic compounds (VOCs) react in sunlight on hot sunny days. These chemicals are emitted from cars, trucks, smokestacks and natural sources like trees.

Who is at Risk?

Everyone is sensitive to high concentrations of ground-level ozone, especially people who have pre-existing lung disease such as chronic bronchitis, emphysema and asthma. Even healthy adults may be affected. Adults exercising outdoors, construction workers and children playing outdoors can all be at risk from ground-level ozone.

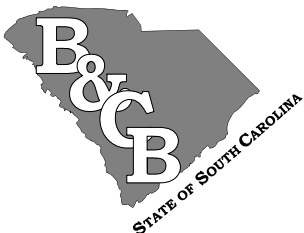
Health effects of ground-level ozone may include eye irritations, headaches, dryness of the mouth and throat, shortness of breath, wheezing and coughing. Prolonged exposure to the pollutant may cause a decrease in lung function.

What Can I Do to Help?

Using the latest forecasting tools, we can predict which days are likely to have more ground-level ozone. This process is called ozone forecasting. During the summer, the forecast is given daily at <http://www.state.sc.us/dhec/eqc/html/bagspare.html>. On these days, small changes in daily activities can make a big difference in the amount of ground-level ozone.

How You Can Help to Reduce Ozone Formation

- Combine trips and limit unnecessary ones.
- Carpool or take the bus.
- Telecommute.
- Keep your vehicle properly maintained.
- Mow the lawn on overcast days or after 6:00.
- Use less electricity.



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